



Arne Lowden is an Associate Professor at the Stress Research Institute at the Department of Psychology, Stockholm University and his research profile is “diurnal rhythms, light behavior, sleep”.

Arne is an active sleep specialist, but also a light specialist. He has primarily studied circadian disruption (jet lag) for shift workers and flying personnel. Furthermore, he has made studies of self-selected working hours, carried out experimental studies of nutrition and sleep and studied how alertness, learning and performance can be improved in school.

Recently, he has devoted himself to studies that include, among other things, effects on sleep and recovery based on bright light exposure in schools and offices, lighting in windowless rooms, in homes for the elderly, in mining and metal industry, night-time driving behavior of car drivers and the effects of snow on mood and alertness.

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